



January 6, 2005

Office of Nutritional Products  
Labeling and Dietary Supplements (HFS-810)  
Center for Food Safety and Applied Nutrition  
U.S. Food and Drug Administration  
5100 Paint Branch Parkway  
College Park, MD 20740-3835

Jan 7 2005

Dear Sir or Madam;

This letter will serve as a 30-day notification, pursuant to 403 (r) (6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Product Manufacturer: IdeaSphere Inc.  
150 Motor Parkway  
Hauppauge, NY 11788

Text of statement being made: "antioxidant activity" "overall health and wellness"  
"support the cardiovascular and immune systems"

Dietary supplement ingredients: Broccoli, Celery, Brussels Sprout, Kale, Cauliflower, Carrot, Green Onion, Cabbage and Yam.

Dietary supplement brand and name: Twinlab Ultra Harvest PREMIUM VEGGIE TABLETS

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that IdeaSphere Inc., has substantiation that the statements being made are truthful and not misleading.

Sincerely,

A handwritten signature in black ink, appearing to read "M. Lyskanycz", with a long horizontal stroke extending to the right.

Myron Lyskanycz  
Vice President of Marketing  
IdeaSphere Inc.

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Enclosures